

Adult-Teen Classes

AQUATIC BODYBUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation (equipment is available for purchase from instructor). No class Nov.24, 26.

City Gym Pool			Lowry, Dawnette		
4314.401	14yrs to Adult	9/13 - 12/13	8:15am-9:25am	M	\$130
4314.402	14yrs to Adult	9/15 - 12/15	8:15am-9:25am	W	\$123
4314.403	14yrs to Adult	9/17 - 12/17	6:45am-8:00am	F	\$123

AQUATIC EXERCISE: AQUA AEROBICS

Total body fitness class for all levels. Maximum workout with little to no impact on joints but more effective than land workouts. Comfortably heated 81degree outdoor pool. Get outside and get fit. No class Nov. 11, 25. \$25 facility use donation requested at first class meeting.

Huntington Beach High School Outdoor Pool					Pointer, Kelly
4309.401	12yrs to Adult	9/14 - 11/30	6:30pm-7:30pm	Tu	\$89
4309.402	12yrs to Adult	9/16 - 11/18	6:30pm-7:30pm	Th	\$75
4309.403	12yrs to Adult	9/14 - 12/02	6:30pm-7:30pm	Tu Th	\$145

AQUATIC EXERCISE: AQUA ZUMBA

Work your body while having fun in this high energy Aquatic class combining basic Latin dance moves in a warm and gentle environment. Join the newest aqua craze and dance the pounds away. No class Nov.12.

City Gym Pool				Thurn, Debra	
4466.401	Adult	9/17 - 10/29	1:15pm-2:00pm	F	\$76
4466.402	Adult	11/05 - 12/17	1:15pm-2:00pm	F	\$62

AQUATIC EXERCISE: AQUA - EVENING AEROBICS

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. No class Nov. 26.

City Gym Pool	Lowry, Dawnette				
4311.401	14yrs to Adult	9/17 - 12/17	5:30pm-6:30pm	F	\$98

AQUATIC EXERCISE: AQUA-TONE AEROBICS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. No class Nov.11, 24, 25, 26.

City Gym Pool			Lowry, Dawnette		
4312.401	14yrs to Adult	9/13 - 12/15	7:00am-8:00am	M W	\$194
4312.402	14yrs to Adult	9/14 - 12/16	7:00am-8:00am	Tu Th	\$188
4312.403	14yrs to Adult	9/14 - 12/16	8:20am-9:20am	Tu Th	\$188
4312.404	14yrs to Adult	9/13 - 12/13	7:00am-8:00am	M	\$104
4312.405	14yrs to Adult	9/15 - 12/15	7:00am-8:00am	W	\$98
4312.406	14yrs to Adult	9/17 - 12/17	8:20am-9:20am	F	\$98
4312.407	14yrs to Adult	9/18 - 12/11	7:00am-8:00am	Sa	\$90

AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class Nov.22, 24.

City Gym Pool				Zschach, Alicia	
4310.401	12yrs to Adult	9/13 - 12/13	5:30pm-6:30pm	M	\$96
4310.402	12yrs to Adult	9/15 - 12/15	5:30pm-6:30pm	W	\$96
4310.403	12yrs to Adult	9/13 - 12/15	5:30pm-6:30pm	M W	\$187

AQUATIC EXERCISE: FAT BURNING FRIDAYS

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. No class Nov.12.

City Gym Pool		Thurn, Debra and Staff			
4313.401	Adult	9/17 - 12/17	11:15am-12:00pm	F	\$84

AQUATIC THERAPY: AQUA ACTIVE

Water Exercise program for those with Arthritis to assist in relieving strain on muscles and joints. Participants are given the opportunity to do gentle activities in warm water with the guidance of a trained instructor. Swimming skills are not required. No class Nov.11, 25, 26.

City Gym Pool				Thurn, Debra	
4315.401	Adult	9/13 - 10/29	12:15pm-1:15pm	M W F	\$143
4315.402	Adult	11/01 - 12/17	12:15pm-1:15pm	M W F	\$130
4315.403	Adult	9/14 - 10/28	12:30pm-1:30pm	Tu Th	\$97
4315.404	Adult	11/02 - 12/16	12:30pm-1:30pm	Tu Th	\$91

AQUATIC THERAPY: AQUATHERAPY

Aquatic therapy is designed for those with physical therapy needs. This class is taught by a licensed physical therapy assistant and is not to replace your regular therapy. Performed in the deep end to meet your rehab needs. Floatation belts are required and are available for purchase from the instructor.

City Gym Pool				Thurn, Debra	
4316.401	Adult	9/13 - 10/27	1:15pm-2:00pm	M W	\$111
4316.402	Adult	11/01 - 12/15	1:15pm-2:00pm	M W	\$109

ART: ACRYLIC PAINTING INTERMEDIATE AND ADVANCE

Continue growing and learning on your painting journey. This class will enhance and compliment your existing experience and ability while taking your painting style to new heights. Previous basic painting experience is expected. Materials list. No class Oct. 21.

Art Center Multipurpose			Francesco, Anna Marie		
4301.401	11yrs to 18yrs	9/18 - 11/06	3:00pm-5:00pm	Sa	\$90*
4301.402	11yrs to 18yrs	9/16 - 11/04	6:00pm-8:00pm	Th	\$90*
* \$80 HBAC members					

* \$80 HBAC members

ART: ACRYLIC PAINTING THE BASIC I AND II

In this class students will learn traditional and contemporary acrylic painting techniques. Glazes, mediums, brush techniques and color mixing along with modern day techniques will be explored. Students will work from photographic references, still-life and from their own imagination to create stunningly realistic/abstract interpretations. Materials list.

Art Center Studio			Francesco, Anna Marie		
4300.401	11yrs to 18yrs	9/18 - 11/06	12:30pm-2:30pm	Sa	\$90*
4300.402	11yrs to 18yrs	9/16 - 11/04	4:00pm-6:00pm	Th	\$90*
* \$80 HBAC members					

* \$80 HBAC members

ART: BEGINNING WATER - MIXABLE OIL PAINTING

Learn the fundamentals of oil painting without all the solvents. Students will be introduced to the media, techniques, color theory, structural and expressive properties of oil painting and design using oil paints that clean up with water. All levels welcome. Material list. \$10 material fee due at first class.

Art Center Studio					Oquist, Courtney
4468.401	13yrs to Adult	9/15 - 11/03	6:30pm-8:00pm	W	\$95*
* \$85 HBAC members					

* \$85 HBAC members

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ART: CHINESE BRUSH PAINTING FOR BEGINNERS

This is an introduction to the beautiful, ancient Chinese tradition. Learn to paint birds, koi fish, goldfish, flowers and more, using a Chinese brush to express yourself with different brush strokes to make dot, line, texture, shade, and wash. Beginners are welcome. Art supplies not provided. No class Oct. 1.

Rodgers Senior Center Hall D		Wong, Diana			
4322.401	Adult	9/24 - 10/22	1:30pm-4:00pm	F	\$59
4322.402	Adult	11/05 - 12/03	1:30pm-4:00pm	F	\$59
4322.403	Adult	9/24 - 12/03	1:30pm-4:00pm	F	\$99

ART: DIGITAL PHOTOGRAPHY BEGINNING

This six week course, taught by photographer Kurt Weston (MFA) offers digital photography skills. Students work at their own individual levels. Using the digital camera of their choice, students will explore lighting, color, texture, composition, and other subject matter to achieve a solid grounding in both technical and creative photographic processes.

Art Center Multipurpose		Weston, Kurt			
4304.401	16yrs to Adult	9/17 - 10/22	3:30pm-5:30pm	F	\$85*

* \$75 HBAC members

ART: DIGITAL PHOTOGRAPHY INTERMEDIATE

This six week course, taught by photographer Kurt Weston (MFA) reinforces and enhances the basic concepts and skills acquired in the Beginning Digital Photography Class. Course emphasis is on the refinement of basic technical skills and the development of a personal direction in photography.

Art Center Multipurpose		Weston, Kurt			
4305.401	16yrs to Adult	9/17 - 10/22	1:30pm-3:30pm	F	\$85*

* \$75 HBAC members

ART: DRAWING AND PAINTING

Maximize your time. Designed for beginning and intermediate students who would like to learn necessary skills of drawing and painting. Learn at your own pace and boost your confidence by learning in a supportive atmosphere. The lessons will be alternated, drawing one week, painting the next. Materials list.

Art Center Studio		Kent, Pati			
4302.401	12yrs to Adult	9/14 - 10/26	6:00pm-7:30pm	Tu	\$85*
4302.402	12yrs to Adult	11/2-12/7	6:00pm-7:30pm	Tu	\$85*

* \$75 HBAC members

ART: PORTFOLIO PREPARATION SEMINAR

This class is designed to enable students to prepare and refine a portfolio of artwork as part of their application to a professional art school. Instruction will be individualized to focus on the specific needs of each student. Suggested Materials list. \$5 material fee due at first class.

Art Center Studio		Oquist, Courtney			
4469.401	13yrs to Adult	9/16 - 10/21	5:00pm-7:00pm	Th	\$80*

* \$70 HBAC members

ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. \$12 material fee due at first class. No class Nov. 11, 25.

Murphy Community Center Hall C&D		Husting, Margaret			
4395.400	13yrs to Adult	9/16 - 12/16	1:00pm-2:00pm	Th	\$78

\$13 material fee due at first class.

Rodgers Senior Center Hall E		Husting, Margaret			
4396.401	13yrs to Adult	9/15 - 12/08	9:00am-10:00am	W	\$91

ART: SCULPTURE FOR TWEENS AND TEENS

Students will be introduced to three dimensional design using recycled materials, found objects and mold casting. Students should be mature enough to handle hot glue guns, possibly nail and or epoxy glues, and x-acto blades. Students should bring one wooden panel to the first class.

Art Center Studio		Jacka, Robert			
4307.401	13yrs to 18yrs	9/18 - 11/06	2:30pm-4:00pm	Sa	\$90*

* \$80 HBAC members

ART: SILVER JEWELRY

Students will be able to learn several different skills while creating their own silver clay jewelry. Four to six projects will be completed depending on each individual's skill and speed. Walk away with a finished work in silver clay. Each project will have a \$25 materials fee. All materials provided.

Art Center Multipurpose		Jewelry Studio, Verona Tang			
3603.401	16yrs to Adult	9/18 - 10/23	4:00pm-6:00pm	Sa	\$95*
3603.402	16yrs to Adult	9/22 - 10/27	4:00pm-6:00pm	W	\$95*

* \$85 HBAC members

ART: WATERCOLOR BEGINNING AND INTERMEDIATE

For beginning to advanced watercolorists who wish to create watercolor paintings. Class focuses on skills and techniques at all levels. Students will use professional watercolors. This class is so popular we offer it on two different days - pick the one that works for you. Materials list.

Art Center Studio		LoSchiavo, Diana			
4308.401	14yrs to Adult	9/14 - 11/02	10:00am-1:00pm	Tu	\$105*
4308.402	14yrs to Adult	9/17 - 11/05	1:00pm-4:00pm	F	\$105*

* \$95 HBAC members

BEACH TENNIS CLINICS

Hottest new sport on the beach. It is fun, stimulating and very easy to learn. This sport is four times easier to learn than tennis or volleyball. You will learn basic fundamentals, fun drills and match play. Very little tennis skills required. All levels are welcome.

Beach Service Center		Beach Tennis, West Coast			
Beach Courts, North of Pier					
4443.401	Adult	9/15 - 9/29	5:30pm-7:00pm	W	\$95

BEACH VOLLEYBALL: ADULT ACADEMY

This adult program focuses on fundamental skills and strategies of the game. Beginner and intermediate players will be taught by our experienced beach volleyball coaches. Sessions will be structured around progression from skill development drills, to applying the skill in a game setting and moving to game situations.

Beach Service Center		California Beach Volleyball			
Beach Courts, North of Pier					
4438.401	Adult	9/14 - 10/19	5:15pm-6:15pm	Tu	\$100

BEACH VOLLEYBALL: GIRLS ACADEMY

Youth Academy Program involves high quality training, focused on preparing athletes for age group beach volleyball tournaments. Training focuses on mastering fundamentals/strategies of the game. To ensure quality training, numbers are limited. Athletes are encouraged to participate in the summer beach volleyball events.

Beach Service Center		California Beach Volleyball			
Beach Courts, North of Pier					
4444.401	15yrs to 18yrs	9/14 - 10/19	4:00pm-5:00pm	Tu	\$100
4444.402	15yrs to 18yrs	9/13 - 10/18	4:00pm-5:00pm	M	\$100

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BEACH VOLLEYBALL: SAND CONDITIONING

This is a sand based fitness program, beneficial to anyone who wanting an intense, uniquely different workout. The program is based around movements specific to beach volleyball. Many of the stations replicate movement patterns that benefit all athletes. Workout consists of stations of activity and rest

Beach Service Center
Beach Courts, North of Pier California Beach Volleyball
4442.401 15yrs to Adult 9/13 - 10/18 5:15pm-6:15pm M \$42

BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "Blame" by Michelle Huneven before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. Material fee of \$5 is due at each meeting. Class meets Oct. 13, Nov. 10, Dec. 8, and Jan. 12.

Rodgers Senior Center Hall D Berg, April
4317.401 Adult 10/13 - 1/12 7:00pm-9:00pm W \$30

BRIDGE: BEGINNING

American standard bridge will be taught. Five card major. Rules by Goren. Class consists of lecture, discussion and play. This class is for adults who are new to bridge or who wish a review. You do not need a partner. Party bridge is fun.

Rodgers Senior Center Hall E Spira, Rita
4318.401 Adult 9/13 - 11/01 2:00pm-4:00pm M \$54

BRIDGE: INTERMEDIATE 1

This class is for those who are more than beginners but less than experts. You will learn new conventions and review old ones. This class is the same in the afternoon and evening. There will be a lecture, discussion and play. No partner needed. Come have fun.

Rodgers Senior Center Hall E Spira, Rita
4319.401 Adult 9/14 - 11/02 2:30pm-4:30pm Tu \$54
4319.402 Adult 9/14 - 11/02 6:30pm-8:30pm Tu \$54

BRIDGE: INTERMEDIATE 2

In order to take this class you must have taken Intermediate 1. This is a faster paced class with pre-set hands. Improve your bidding and defensive play. No partner required. Knowledge of the basics is essential. Come join the fun.

Rodgers Senior Center Hall E Spira, Rita
4320.401 Adult 9/15 - 11/03 6:30pm-8:30pm W \$54

CAKE DECORATING

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Materials are extra. Provide your own materials from a supply list that will be given the first day of class.

Murdy Community Center Hall C Mejia, Helen
Course 1
4321.400 13yrs to Adult 9/14 - 10/05 6:00pm-8:00pm Tu \$50
4321.401 13yrs to Adult 10/12 - 11/02 6:00pm-8:00pm Tu \$50
4321.402 13yrs to Adult 10/19 - 11/09 6:00pm-8:00pm Tu \$50
4321.403 13yrs to Adult 10/10-11/9 10:30am-12:30pm Tu \$50

Course 2

4321.404 13yrs to Adult 9/29 - 10/20 6:00pm-8:00pm W \$50
4321.405 13yrs to Adult 11/17 - 12/08 10:30am-12:30pm W \$50

DANCE BALLROOM AND LATIN COMBO

Cha Cha, Waltz, and Merengue are three Latin-like dances in Zumba and featured on TV dance shows, but done with a partner in this basic but fast moving dance class. No partner needed.

Murdy Community Center Hall C&D Fox, Kaylaa
4463.400 Adult 9/09 - 9/30 6:00pm-7:00pm Th \$50

DANCE: LINE DANCE FITNESS - INTRODUCTION

Been wanting to learn to dance but don't know how to get started? Have fun while learning the basic steps and applying them in easy line dances, as well as how to read dance step sheets. Certified dance instructor with over 20 years experience.

Rodgers Senior Center Hall A Hazard, Suzy
4459.401 Adult 8/27 - 11/12 3:00pm-4:30pm F \$45

DANCE: LINE DANCE FITNESS, BEGINNING LEVEL 1 & 2

Recommended prerequisite: Introduction Class. Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Certified dance instructor with over 20 years experience.

Rodgers Senior Center Hall A Recreation Staff
4460.401 Adult 8/25 - 11/10 3:00pm-4:30pm W \$45

DANCE: ADULT BALLET BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? This class is for you. Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class free

16601 Gothard St. Huntington Academy of Dance
4327.401 13yrs to Adult 9/15 - 11/17 7:30pm-8:30pm W \$99

City Gym Room A Huntington Academy of Dance
4326.401 13yrs to Adult 9/13 - 11/15 6:30pm-7:30pm M \$99

DANCE: BALLROOM

Session 1: Foxtrot- learn the classic "must know" dance featured on TV dance shows. Gain skill and confidence for dancing at any venue. Session 2: Holiday Dance Basics: Partner dance to any kind of music, a great primer for parties, weddings and cruises. No partner required.

Edison Community Center Hall A Fox, Kaylaa
4328.400 Adult 9/13 - 10/18 7:00pm-8:00pm M \$65
4328.401 Adult 10/25 - 11/29 7:00pm-8:00pm M \$65

DANCE: BELLY DANCE

Come and enjoy the exotic art of belly dancing. Learn the exciting moves of Turkish and Moroccan dance. Great exercise and loads of fun. Belly dancing tones muscles, improves coordination, and builds self-confidence.

Murdy Community Center Hall C&D Eckart, Maruja
4329.400 13yrs to Adult 9/13 - 10/18 7:00pm-8:00pm M \$60
4329.401 13yrs to Adult 9/17 - 10/22 10:30am-11:30am F \$60

City Gym Room A Eckart, Maruja
4330.401 13yrs to Adult 9/14 - 10/19 7:00pm-8:00pm Tu \$60

DANCE: BOLLYWOOD DANCING 101

Learn to dance like the stars of Bollywood. Each session covers various forms including folk, semiclassical, modern and more. If you are a trained dancer or simply looking to upgrade your Bollywood social dancing skills. This class will have you moving to a variety of Bollywood beats in no time.

City Gym Room A Idnani, Sunita
4332.401 12yrs to Adult 9/23 - 11/11 7:15pm-8:15pm Th \$99

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DANCE: COUNTRY LINE DANCE

Country Line Dance is an easy and fun way to dance to country music and is great exercise, too. No partner needed. No class Nov.11, 25.

Murphy Community Center Hall C&D Fox, Kaylaa
 4462.400 Adult 10/07 - 10/28 6:15pm-7:15pm Th \$50
 4462.401 Adult 11/04 - 12/09 6:15pm-7:15pm Th \$50

DANCE: JAZZ ADULTS BEGINNING

Learn basic jazz dance movement in a fun, relaxed environment. A routine will be taught that makes the class fun and exciting.

Rodgers Senior Center Hall D Roseth, Renee
 4331.401 Adult 9/14 - 12/14 7:00pm-8:00pm Tu \$160

DANCE: POLYNESIAN BEGINNING

Aloha. Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands. Class fills quickly-Pre-registration is required.

Art Center Multipurpose Seanoa, Melody
 4333.401 13yrs to Adult 9/14 - 11/02 10:00am-11:00am Tu \$75*
 4333.402 13yrs to Adult 9/14 - 11/02 6:00pm-7:00pm Tu \$75*
 *\$65 HBAC members

DANCE: POLYNESIAN INTERMEDIATE

Aloha. By popular demand, we have added this continuation class for students that have completed the beginners' class. Just as much fun as the beginners' class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required.

Art Center Multipurpose Seanoa, Melody
 4334.401 13yrs to Adult 9/14 - 11/02 7:00pm-8:00pm Tu \$65*
 *\$65 HBAC members

DANCE: SALSA & BACHATA

Salsa and Bachata are two of the hottest dances, like danced in Zumba, and featured on TV dance shows. You'll learn basics with easy variations plus partnering skills to give you confidence on the dance floor. No partner required. No class Nov. 11, 25.

Murphy Community Center Hall C&D Fox, Kaylaa
 4335.400 Adult 9/09 - 9/30 7:15pm-8:00pm Th \$50
 4335.401 Adult 10/07 - 10/28 7:15pm-8:00pm Th \$50
 4335.402 Adult 11/04 - 12/09 7:15pm-8:00pm Th \$50

DANCE: SALSA INTERMEDIATE

Fun, great nightclub dance patterns make Salsa Intermediate the one-of-a-kind class you just have to take. Now you can socialize on the dance floor to fantastic salsa music. No partner necessary. No class Nov. 11, 25.

Murphy Community Center Hall C&D Fox, Kaylaa
 4337.400 Adult 9/09 - 9/30 8:15pm-9:15pm Th \$50
 4337.401 Adult 10/07 - 10/28 8:15pm-9:15pm Th \$50
 4337.402 Adult 11/04 - 12/09 8:15pm-9:15pm Th \$50

DANCE: STREET DANCIN'

Work your body while having fun in this high energy dance workout. Hottest pop and hip-hop beats blast through D.J sound system. Colored lights create atmosphere when dark enough. (Tennis or jazz shoes, clothes you can move and stretch in).

City Gym Room A Harrington-Dewe, Cyndi
 4338.401 12yrs to Adult 10/13 - 11/17 6:30pm-7:30pm W \$53

DANCE: STREET DANCIN' PLUS

Enjoy a high-energy workout with the hottest pop and hip hop beats. For developmentally disabled pre-teens, teens, and young adults. This class incorporates a variety of styles of dance and music as well as self-esteem boosting exercises and games. Activities might also include karaoke style singing fun or sign language to music. Parents of new students please plan to stay and observe the first day to determine if your supervision is required.

City Gym Room A Harrington-Dewe, Cyndi
 4427.401 12yrs to Adult 10/13 - 12/01 5:00pm-6:00pm W \$69

DANCE: SWING ADVANCED

Move way beyond the basics with 4, 6, 8, and extended advanced swing: rhythms that will challenge you and make you shine on the dance floor. Never the same class twice, and no partner necessary. No class Nov. 11.

Murphy Community Center Hall A Fox, Kaylaa
 4341.400 Adult 9/09 - 10/07 7:15pm-8:15pm Th \$50
 4341.401 Adult 10/14 - 11/18 7:15pm-8:15pm Th \$50

DANCE: SWING BASICS

The easiest of the swing styles of dance is East Coast swing. You'll get onto the dance floor quickly to amuse yourself and amaze your family and friends. Never the same class twice. No partner necessary. See why this joint is jumping. No class Nov.11.

Murphy Community Center Hall A Fox, Kaylaa
 4339.400 Adult 9/09 - 10/07 8:15pm-9:15pm Th \$50
 4339.401 Adult 10/14 - 11/18 8:15pm-9:15pm Th \$50

DANCE: SWING INTERMEDIATE

Combine and expand on your basic swing skills. Move beyond the basics to explore Lindy hop, West Coast and Charleston rhythms that will make your dancing more enjoyable. Never the same class twice, and no partner necessary. No class Nov. 11.

Murphy Community Center Hall A Fox, Kaylaa
 4340.400 Adult 9/09 - 10/07 6:15pm-7:15pm Th \$50
 4340.401 Adult 10/14 - 11/18 6:15pm-7:15pm Th \$50

DANCE: TAP ADULTS AND SENIORS BEGINNING

Brush up on the tap basics and get some exercise the fun way. New friends, great music and a routine will make this class fun. Tap shoes optional. Some tap knowledge required.

Rodgers Senior Center Hall D Roseth, Renee
 4342.401 Adult 9/13 - 12/13 6:00pm-7:00pm M \$160
 4342.402 Adult 9/15 - 12/15 2:00pm-3:00pm W \$160
 4342.403 Adult 9/16 - 12/16 6:00pm-7:00pm Th \$160

DANCE: TAP ADULTS AND SENIORS INTERMEDIATE

Sharpen your technique and learn some great dances. Focus will be on rhythm and performance skills. Prerequisite: Basic tap knowledge.

Rodgers Senior Center Hall D Roseth, Renee
 4343.401 Adult 9/14 - 12/14 6:00pm-7:00pm Tu \$160
 4343.402 Adult 9/15 - 12/15 3:00pm-4:00pm W \$160

DANCE: WEST COAST SWING

This is one of the most versatile and fun dances since it can be danced to almost any kind of music. If you learn only one dance this should be it. No partner required.

Edison Community Center Hall A Fox, Kaylaa
 Session 1: Pattern A
 Session 2: Pattern B
 4434.400 Adult 9/13 - 10/18 8:00pm-9:00pm M \$65
 4434.401 Adult 10/25 - 11/29 8:00pm-9:00pm M \$65

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DOG TRAINING: AKC CANINE GOOD CITIZEN CERTIFICATE

Is your dog a good citizen when he's out in public? If he knows and obeys basic obedience commands, and is relaxed and friendly around other dogs and people, then he is a good candidate for this American Kennel Club sponsored program. Bring dogs with current vaccination record to first meeting.

Edison Community Center Patio	Dog Services Unlimited
4344.400 9yrs to Adult 10/26 - 11/02	8:30pm-9:30pm Tu \$25

DOG TRAINING: CALLING ALL FRISBEE DOGS

Here's your chance to spend an afternoon learning the basics of Canine Frisbee from a top competitor, David Procida. Please bring dog with current vaccination records, water, a lawn chair. \$5 material fee due at first class (includes a Frisbee). Pre-registration is required.

Dog Park	Dog Services Unlimited
4347.401 15yrs to Adult 9/26	9:00am-12:00pm Su \$42

DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control within a limited period of time. For dogs 5 months or older; vaccinations must be current. Pre-registered students will be contacted regarding what to bring to the first class meeting. Bring dogs to all meetings.

Murdy Community Center Patio	Dog Services Unlimited
4352.400 9yrs to Adult 10/25 - 11/15	6:00pm-7:20pm M \$74

DOG TRAINING: DOG OBEDIENCE BEGINNING

For dogs six months and older. Handlers ages 9 years to adult. Course includes all novice obedience commands, intro to off-leash and long distance techniques, and pointers on correcting bad habits such as destructive chewing, hole digging, etc. Trophies and certificates awarded. First meeting held without dogs. No class Nov. 25.

Murdy Community Center Patio	Dog Services Unlimited
4345.400 9yrs to Adult 10/14 - 12/09	7:00pm-8:00pm Th \$82

Edison Community Center Game Room	Dog Services Unlimited
4346.400 9yrs to Adult 9/21 - 11/09	7:30pm-8:30pm Tu \$82
4346.401 9yrs to Adult 9/29 - 11/17	6:00pm-7:00pm W \$82

DOG TRAINING: FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs

Central Park East	Haney, Katherine
Next to Dog Park at Edwards	
4421.401 Up to Adult 10/02 - 11/20	9:00am-10:00am Sa \$85

DOG TRAINING: IN HOME

A private, one-on-one training course in the privacy of your home. A trainer with Hacienda Hills Obedience Club will be scheduled to meet with you for three one-hour sessions at a time convenient to your busy schedule. Includes basic obedience commands and personalized help with correcting bad habits. This class is for dogs 2 months to 7 years old.

4348.401 Adult TBD	Dog Services Unlimited \$235
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DOG TRAINING: PUPPY KINDERGARTEN

Young pups between two and five months old will learn to get along with each other socially. Basic commands such as heel, sit, stay, come and down will be introduced. Discussions on dog care topics and behavior problems are included. First meeting held without dogs.

Edison Community Center Game Room	Dog Services Unlimited
4349.400 9yrs to Adult 9/21 - 10/26	6:30pm-7:30pm Tu \$71

Murdy Community Center Patio	Dog Services Unlimited
4350.400 9yrs to Adult 10/14 - 11/18	8:00pm-9:00pm Th \$71

FENCING: BEGINNING

Learn fencing, the ancient art of nobility and one of the four original Olympic events. Students will learn basic footwork, attacks, defense, and strategy. Bring tennis shoes and comfortable clothes. *Protective mask, jacket and foil will be provided for \$10, payable at first class.

Murdy Community Center Hall A	Orange Coast Fencing
4354.400 14yrs to Adult 9/08 - 9/29	7:15pm-8:20pm W \$50
4354.401 14yrs to Adult 10/06 - 10/27	7:15pm-8:20pm W \$50
4354.402 14yrs to Adult 11/03 - 11/24	7:15pm-8:20pm W \$50

FITNESS: A BETTER U FITNESS II

A Better U Fitness II classes combine general health education, strength training and endurance activities, agility, balance, calisthenics, and energetic music. This approach will encourage kids to have fun being active while increasing their awareness of a healthy lifestyle. Classes will be held outdoors.

Murdy Community Center Picnic #2	Hall, Elizabeth
4451.400 11yrs to 15yrs 9/16 - 10/07	4:30pm-5:30pm Th \$80
4451.401 11yrs to 15yrs 10/21 - 11/11	4:30pm-5:30pm Th \$80

City Gym Gymnasium	Hall, Elizabeth
4467.401 11yrs to 15yrs 9/14 - 10/05	4:30pm-5:30pm Tu \$80
4467.402 11yrs to 15yrs 10/19 - 11/09	4:30pm-5:30pm Tu \$80

FITNESS: BALLET BOOTCAMP

Love the lean look of ballet dancers? You will strengthen and stretch muscles channeling your inner ballet body. Join other ballet beginners in this fun way to burn calories, strengthen and tone muscles and improve posture and alignment. Wear comfortable clothing and aerobic shoes. Bring a mat or towel.

Edison Community Center Hall B	Huntington Academy of Dance
4453.400 13yrs to Adult 9/15 - 11/17	7:00pm-8:00pm W \$99

FITNESS: BODYWORKS + ABS

BodyWorks + Abs uses dumbbells, bands and other methods of resistance training to help promote lean muscle, balance, strength and endurance. You will work the entire body and finish with an abdominal workout and stretch. Bring hand weights, mat, and water.

Edison Community Center Hall B	Business, Body
4448.400 18yrs to 75yrs 9/14 - 10/19	7:30pm-8:30pm Tu \$69
4448.401 18yrs to 75yrs 11/02 - 12/07	7:30pm-8:30pm Tu \$69

FITNESS: BOOT CAMP BASICS

Get back to basics with this Intro to Boot Camp Workout. This class offers the same great exercises as traditional Boot Camp taken at a slower pace perfect for the beginner. All levels of fitness welcome. Compete only against yourself.

Edison Community Center Hall C&D	Fitness Specialties
4357.400 13yrs to Adult 9/16 - 12/09	6:15pm-7:15pm Th \$74

Adult-Teen Classes

FITNESS: BOOT CAMP WORKOUT

Fun and energizing exercise class. A short running session followed by sit-ups, push-ups, and light weights. Everything for a full-body workout. All levels of fitness welcome. Compete only against yourself.

Edison Community Center Hall A Fitness Specialties
4358.400 13yrs to Adult 9/14 - 11/30 5:45pm-6:45pm Tu \$79

FITNESS: CARDIO BOOT CAMP

Cardio Boot Camp is a high-energy, outdoor, circuit training class. Burn calories, meet new people, increase lean muscle mass, improve overall fitness, and lose body fat. Cardio Boot Camp is designed for all level exercisers. Bring good running shoes, a mat, light hand weights, and water. For more info visit www.ocbodybusiness.com.

Murdy Community Center Picnic Area #1 Business, Body
4416.400 18yrs to 75yrs 9/13 - 10/22 5:30am-6:30am M W F \$189
4416.401 18yrs to 75yrs 11/01 - 12/10 5:30am-6:30am M W F \$189

Edison Community Center Picnic Area #1 Business, Body
4419.400 18yrs to 75yrs 9/13 - 10/22 5:30am-6:30am M W F \$189
4419.401 18yrs to 75yrs 11/01 - 12/10 5:30am-6:30am M W F \$189

FITNESS: CARDIO HIP HOP

Get in shape the fun way – dance away those unwanted pounds with cardio hip hop. With high energy and heart-pumping music, you will raise your heartbeat as well as the roof. Join other hip hop beginners in this fast and fun workout. Wear comfortable clothing and aerobic shoes. Bring a mat or towel.

Edison Community Center Hall B Huntington Academy of Dance
4452.400 13yrs to Adult 9/15 - 11/17 6:00pm-7:00pm W \$99

FITNESS: FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family unit. \$80 up to 3 family members, \$4 per extra person for one day a week. \$105 fee up to 3 family members, \$5 per extra person for Tuesday AND Thursday class. No class Nov. 11.

Rodgers Senior Center Hall B Cardinal, Frances
4386.401 3yrs to Adult 9/14 - 12/14 5:00pm-6:00pm Tu \$80
4386.402 3yrs to Adult 9/16 - 12/16 5:00pm-6:00pm Th \$80
4386.403 3yrs to Adult 9/14 - 12/16 5:00pm-6:00pm Tu Th \$105

FITNESS: FAT BURNING BLAST

Students will work on core strength and stability exercises, strength training and learn yoga poses and breathing techniques to help build strength and to reduce stress. They will also be doing low impact cardiovascular exercise that will consist of various drills and speed walking. All levels are welcome.

Edison Community Center Game Room Recreation Staff
4472.400 Adult 9/14 - 11/04 6:00pm-7:30pm Tu Th \$125

FITNESS: FIRING FOR HIPS AND THIGHS

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance, this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. *Take "Firming Hips and Thighs" and "Stepping for the Heart" together an save. No class Nov. 11, 24, 26.

Murdy Community Center Hall A Hardy, Susan
4363.400 13yrs to Adult 9/13 - 12/15 8:30am-9:15am M W F \$125
*4424.400 13yrs to Adult 9/13 - 12/15 8:30am-10:00am M W F \$154

FITNESS: KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

Murdy Community Center Hall A Fitness Specialties
4360.400 13yrs to Adult 9/14 - 11/30 7:15pm-8:15pm Tu \$79

FITNESS: KICKBOXING BEGINNING

For the Beginner. This introductory class, taught by a black belt instructor, concentrates on correct form, proper movement and safety issues to help prevent injuries. It is perfect for someone interested in a new form of exercise. Punching bags and hand mitts provided.

Edison Community Center Hall A Fitness Specialties
4362.400 13yrs to Adult 9/14 - 11/30 7:00pm-7:45pm Tu \$79

FITNESS: KICKBOXING BODY CONDITIONING BOOT CAMP

Combine the fun upbeat moves of kickboxing with a focus on conditioning for a complete full body workout. Students of every level will follow a kickboxing aerobic segment and have fun punching a bag. Add light weights, sit-ups, push-ups and more and you've got the ultimate kickboxing body conditioning workout.

Edison Community Center Hall C&D Fitness Specialties
4359.400 13yrs to Adult 9/16 - 12/09 7:15pm-8:00pm Th \$74

FITNESS: PILATES MAT CLASS

A 10-week course designed to tone and strengthen your abs, back, thighs and arms. Pilates will improve flexibility, posture, coordination and body awareness. Class incorporates exercise balls, thera-bands and magic circles. Make the commitment to living and moving well with Pilates. All levels welcome. Bring an exercise mat.

Edison Community Center Hall B HB Pilates, Bronwen Finta
4365.400 Adult 9/13 - 11/15 6:30pm-7:30pm M \$110
4365.401 Adult 9/14 - 11/16 9:00am-10:00am Tu \$110

City Gym Room A HB Pilates, Bronwen Finta
4366.401 Adult 9/15 - 11/17 9:00am-10:00am W \$110
4366.402 Adult 9/16 - 11/18 6:00pm-7:00pm Th \$110

Murdy Community Center Hall B HB Pilates, Bronwen Finta
4465.400 Adult 9/18 - 11/20 9:00am-10:00am Sa \$110

FITNESS: SLIM & TRIM BY GEORGIA

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat.

Edison Community Center Hall A Spidle, Georgia
4367.400 13yrs to Adult 9/13 - 12/10 9:00am-10:00am M W F \$75

Murdy Community Center Hall A Spidle, Georgia
4368.400 13yrs to Adult 9/14 - 12/09 9:00am-10:00am Tu Th \$70

FITNESS: STEP N BOOT CAMP

Fun, easy fast pace drills, step combinations, and low impact moves to burn calories. Hand weights and steps provided for an effective, energizing workout.

Edison Community Center Hall A Fitness Specialties
4369.400 13yrs to Adult 9/14 - 12/09 8:45am-9:45am Tu Th \$99

Adult-Teen Classes

FITNESS: STEP TRAINING STEP WEIGHTS FLOOR & MORE

Research prove step aerobics is a high calorie burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weight and abdominal work finishes up the class. No class Nov. 24, 26.

Edison Community Center Hall A Hardy, Susan
4371.400 13yrs to Adult 9/13 - 12/17 5:15pm-6:15pm M W F \$133
4371.401 13yrs to Adult 9/18 - 11/13 8:30am-9:30am Sa \$45

FITNESS: STEPPING FOR THE HEART

This class raises your heart rate by stepping up and down on a 4, 6, or 8-inch step. A step workout effectively burns fat while strengthening your heart and toning your lower body. Different size steps are provided for beginners through advanced levels. *Take "Step and Firming Hips" together with "Stepping for the Heart" and save. No class Nov.11, 24, 26

Murdy Community Center Hall A Hardy, Susan
4370.400 13yrs to Adult 9/13 - 12/15 9:15am-10:00am M W F \$125
***4424.400** 13yrs to Adult 9/13 - 12/15 8:30am-10:00am M W F \$154

FITNESS: TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow Total Body Stretch class will help make stretching a part of your wellness routine. Bring an exercise mat and prepare to stretch, relax, and renew.

Rodgers Senior Center Hall A & B Paul, Sue
4372.401 Adult 9/13 - 12/06 5:30pm-6:30pm M \$84

FITNESS: TRX TOTAL BODY-RESISTANCE TRAINING

Change, improve, challenge your body. Train like the pros and Olympians. Long lasting result for strength, balance, flexibility and endurance. Works your whole body through all angles and planes of movement. Safe and effective for any level. Instructor is TRX certified and 30-year Exercise Specialist. No class Nov. 26.

City Gym Gymnasium Flowers, Erik
4454.401 13yrs to 65yrs 9/17 - 10/22 7:50am-8:30am F \$80
4454.402 13yrs to 65yrs 10/29 - 12/03 7:50am-8:30am F \$80

FITNESS: WEEKEND WARRIORS MARTIAL ARTS

Enjoy getting together, working out and getting healthier, with family and friends. Students will be introduced to the basics of the traditional art of Tang Soo Do. Each group must have at least one adult. \$90 fee up to 3 participants, \$5 for each additional person. No class Oct. 2, Nov. 6, and Dec. 4.

Rodgers Senior Center Hall A Cardinal, Frances
4447.401 3yrs to Adult 9/11 - 12/18 10:00am-12:00pm Sa \$90

FITNESS: ZUMBA

Zumba combines high energy and motivating music with unique moves and combinations. Utilizing the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movement with easy to follow dance steps.

City Gym Gymnasium Foreman, Jill
4433.401 16yrs to Adult 9/07 - 10/19 7:15pm-8:15pm Tu \$56
4433.402 16yrs to Adult 11/02 - 12/07 7:15pm-8:15pm Tu \$48

Edison Community Center Hall A Foreman, Jill
4446.400 16yrs to Adult 9/15 - 10/20 6:45pm-7:45pm W \$48
4446.401 16yrs to Adult 11/03 - 12/08 6:45pm-7:45pm W \$48

FITNESS: ZUMBA

Zumba is a fusion of Latin and international music with dance themes that create a dynamic, exciting, effective fitness system. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. For more information, visit www.ocbodybusiness.com

Murdy Community Center Hall A Business, Body
4464.400 Adult 9/18 - 10/23 9:00am-10:00am Sa \$59
4464.401 Adult 11/06 - 12/11 9:00am-10:00am Sa \$59

FITNESS: ZUMBA GOLD

Designed for active seniors, these easy dance steps will improve balance, strength, coordination and aerobic fitness. Set to a fabulous fusion of Latin and international music, these joyful sessions benefit both body and mind. Ditch the workout -- join the party. One day drop-in fee for any class is \$10.

Rodgers Senior Center Hall A & B Foreman, Jill
4373.401 Adult 9/11 - 10/23 9:00am-10:00am Sa \$56
4373.403 Adult 9/11 - 12/18 9:00am-10:00am Sa \$89
4373.402 Adult 11/06 - 12/18 9:00am-10:00am Sa \$56

FLY FISHING INTRO

This class teaches basic skills for fly-fishing. Class sessions cover fly fishing equipment, fly casting techniques and basic fly tying. Instructor provides all fly casting and fly tying equipment and materials. Learn about "secret" fly fishing locations in Southern California. A post-class fishing trip is planned.

Rodgers Senior Center Hall E Nelson, Charles
4374.401 11yrs to Adult 10/04 - 10/25 6:00pm-8:00pm M \$56

FREE YOUR MIND

Happier. Healthier. Wiser. Very Practical. New lifestyle of peace and harmony - quickly releases fear, anger, depression, etc. Reducing stress and clearing out minds allows us to live now. Please be prompt, bring notebook and pen.

Rodgers Senior Center Hall C Caldwell, Sunny
4375.401 Adult 9/09 - 9/30 6:30pm-8:00pm Th \$36

GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, understanding basic rules and etiquette. Classes taught by PGA professionals. Equipment available. Classes limited to 12 students.

Meadowlark Golf Course
 16782 Graham St. Alliance Golf, Evergreen
4377.402 17yrs to Adult 10/28 - 11/18 6:00pm-7:30pm Th \$125
4377.403 17yrs to Adult 9/18 - 10/09 10:00am-11:30am Sa \$125
4377.404 17yrs to Adult 10/30 - 11/20 10:00am-11:30am Sa \$125
4377.405 17yrs to Adult 10/20 - 11/10 11:00am-12:30pm W \$125
4377401 17yrs to Adult 9/16 - 10/07 6:00pm-7:30pm Th \$125

HIKING BEAUTIFUL SOUTHERN CALIFORNIA

Experience hiking in Southern California's wonderful outdoor terrain. Class progresses from easy to moderate hikes in local natural areas. City transportation included. 4 hikes planned, 3 to 8 miles round trip. This class involves moderate physical activity. Orientation class 9/24, 9 am - 11 am. Hikes 10/1, 10/15, 10/29, 11/12.

Rodgers Senior Center Hall E Shelby, Frances
4378.401 Adult 9/24 - 11/12 8:00am-4:00pm F \$57

Adult-Teen Classes

ITALIAN: SPEAK ITALIAN NOW

The purpose of this course is to give you immediate Italian speaking ability. Learning another language is a lot easier and more fun than you might think. Learn an Italian vocabulary that you will find useful in everyday situations so you can begin to talk to Italian speakers.

Rogers Senior Center Hall E		Duca, Elisabetta			
4380.401	Adult	10/04 - 12/20	9:00am-10:00am	M	\$144
4380.402	Adult	10/04 - 12/20	4:00pm-5:00pm	M	\$144
4380.403	Adult	10/04 - 12/20	5:00pm-6:00pm	M	\$144
4380.404	Adult	10/04 - 12/20	6:00pm-7:00pm	M	\$144
4380.405	Adult	10/04 - 12/20	7:00pm-8:00pm	M	\$144
4380.406	Adult	10/01 - 12/17	2:30pm-4:00pm	F	\$176

KARATE: PRACTICAL MARTIAL ARTS

Learn some of Korea's elite martial arts. Self defense, joint manipulations, grappling, kickboxing and weapons. Great for developing discipline, confidence and respect. Very traditional martial arts with a modern approach to the curriculum.

Murphy Community Center Hall B		Betance, Justin			
4441.400	16yrs to Adult	9/15 - 12/02	7:30pm-8:30pm	W Th	\$155

KARATE: TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor. No class Nov.11, 25.

City Gym Room B		Tillehkooh, Kiavash			
4381.401	13yrs to Adult	9/13 - 12/06	7:15pm-8:00pm	M	\$112
4381.402	13yrs to Adult	9/14 - 12/07	7:15pm-8:00pm	Tu	\$112
4381.403	13yrs to Adult	9/15 - 12/08	7:15pm-8:00pm	W	\$112
4381.404	13yrs to Adult	9/16 - 12/09	7:15pm-8:00pm	Th	\$96

KARATE: TRADITIONAL JAPANESE KARATE-DO

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. No class Nov. 11, 25.

Edison Community Center Hall A		Wadoryu USA, Shoji Nishimura			
4383.400	14yrs to Adult	9/16 - 12/16	7:30pm-8:45pm	Th	\$130

KARATE: WOMEN'S KARATE AND KICKBOXING

Women helping women in a positive, casual environment. Taught by a woman black belt instructor. Students learn at their own pace, having the option to test for belt advancement. Gain strength and self confidence while having fun.

Murphy Community Center Hall B		Fitness Specialties			
4382.400	13yrs to Adult	9/14 - 11/30	6:45pm-7:30pm	Tu	\$79
4382.401	13yrs to Adult	9/15 - 12/01	6:00pm-7:00pm	W	\$79

MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. Opportunities for advancement. One class per week, \$80; two classes per week, \$130. No class Nov. 11.

Rogers Senior Center Hall B		Cardinal, Frances			
4385.401	Adult	9/14 - 12/14	6:00pm-7:30pm	Tu	\$80
4385.402	Adult	9/16 - 12/16	6:00pm-7:30pm	Th	\$80
4385.403	Adult	9/14 - 12/16	6:00pm-7:30pm	Tu Th	\$130

MUSIC: COMPOSITION

Learn basic composition skills, how to build melodies and expand the possibilities of creating music with no boundaries. Students must have access outside the Art Center to a piano or a guitar.

Art Center Multipurpose		Reygada, J.			
4471.401	13yrs to Adult	9/16 - 11/04	3:00pm-4:00pm	Th	\$85*

*\$75 HBAC members

MUSIC: GROUP VOICE CLASSES

Become the next Huntington Beach's American Idol. Come join the fun as teens and adults learn about breath control, head voice, matching pitch and phrasing. We also introduce music theory in this fun and exciting class. \$25 material fee due at first class.

Harbour View Clubhouse		Kids Music N' Motion			
16600 Saybrook Ln.					
4389.401	13yrs to 18yrs	9/13 - 11/01	5:45pm-6:30pm	M	\$100
4389.402	Adult	9/13 - 11/01	6:30pm-7:15pm	M	\$100

MUSIC: INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Instant Guitar is perfect for those who have always wanted to learn guitar. You'll learn chords, strumming, tablature - all the tools needed with workbook & DVD to continue to enjoy your favorite songs as you practice at home. Bring your acoustic guitar. Materials fee \$29 for book and CD.

Rodgers Senior Center Hall C		Eliot, Keith			
3625.401	Adult	9/29	6:30pm-9:00pm	W	\$27

MUSIC: ROCKSTAR GUITAR ADULT I

Enough "Air Guitar" already. It's time to start learning how to play the music you grew up listening to. This beginners only class will teach you rhythm and lead guitar. Learn chords, scales, and theory. Also, learn how to recognize patterns when listening to music

18582 Beach Blvd., #214		Rockstars Music Studios			
4387.401	13yrs to Adult	9/18 - 10/09	9:30am-10:00am	Sa	\$55
4387.402	13yrs to Adult	10/16 - 11/06	9:30am-10:00am	Sa	\$55

MUSIC: ROCKSTAR PRIVATE LESSONS

Learn guitar, piano, or drums at your own pace on your own time. Rockstars Private Lessons are scheduled one on one lessons that meet based on student and teacher schedules. This 4 session class is a great way to get your music career moving

18582 Beach Blvd., #212		Rockstars Music Studios			
4388.401	Adult	9/13 - 10/04	8:00am-9:00am	M	\$130

MUSIC: THE CHOIR

The goal is singing lessons in a collective situation that will lead to a choir. Breathing Exercises, basic note recognition, establishing your vocal range and performing 2-3 choral pieces throughout the season. Based on the universal and most common division of a choir: S A T B (Soprano, Alto, Tenor, Bass).

Art Center Multipurpose		Reygada, J.			
4470.401	10yrs to Adult	9/16 - 11/04	2:00pm-3:00pm	Th	\$85*

*\$75 HBAC members

MUSIC: UKULELE 101 BEGINNING

Learn 10 songs in 10 minutes. No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun. No class Oct. 5, Nov. 2.

Rodgers Senior Center Hall E		Price, Don			
4390.401	Adult	9/14 - 11/09	9:30am-10:30am	Tu	\$48

Adult-Teen Classes

MUSIC: UKULELE 102 THE NEXT STEP

Learn to recognize chord patterns - learn new strumming techniques - learn simple chord melodies and tips and tricks to enhance your playing skills. No class Oct.5, Nov. 2.

Rodgers Senior Center Hall E Price, Don
4391.401 Adult 9/14 - 11/09 10:45am-11:45am Tu \$48

QIGONG (CHINESE YOGA)

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential.

Murdy Community Center Hall C&D Walker, Don
4394.400 Adult 9/15 - 10/27 6:00pm-7:15pm W \$49

Edison Community Center Hall B Walker, Don
4449.400 Adult 9/14 - 10/26 1:00pm-2:15pm Tu \$49

SKATING: ICE ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more. Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session.

Westminster ICE Ice Staff, Westminster
13071 Springdale, Westminster
4436.401 17yrs to Adult 9/29 - 10/20 6:45pm-7:15pm W \$35
4436.402 17yrs to Adult 10/27 - 11/17 6:45pm-7:15pm W \$35

SPANISH FOR FUN AND FOR LIFE BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives a CD, song book and color visuals for mastery of the current vocabulary. No class Nov. 11.

Rodgers Senior Center Hall E Blades, Murnez
4399.401 Adult 9/23 - 11/18 3:00pm-4:00pm Th \$92

SPANISH FOR FUN AND FOREVER INTERMEDIATE

Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent. No class Nov. 11.

Rodgers Senior Center Hall E Blades, Murnez
4400.401 Adult 9/23 - 11/18 4:15pm-5:15pm Th \$92

SPANISH FOR FUN AND LIFE: MEDICAL

Prescriptions for clear, concise communication without cumbersome verb conjugation, this system will enable medical personnel to diagnose and give direction to a Spanish speaking population effectively and courteously. Emergency questions for disaster situations include symptoms, allergies, medications, the past (history), last consumptions and events. Includes book & CD.

Rodgers Senior Center Hall E Blades, Murnez
4401.401 Adult 10/23 - 10/30 9:00am-12:00pm Sa \$75

SURFING LESSONS

Learn basic techniques of surfing and begin to enjoy one of the city's best resources. This beginning class stresses beach safety and fun while you learn the basics of paddling, catching and riding waves. Students must be able to swim and be at least 10 years of age For information hbsurfschool@yahoo.com.

City Beach Pier, South Side of Pier Sharp, Bill
4403.401 10yrs to Adult 10/02 - 10/17 9:00am-10:30am Su Sa \$180
4403.402 10yrs to Adult 11/20 - 11/28 9:00am-10:30am Su Sa \$180

SURFING LESSONS ABC

If you've never surfed before here is the class for you.. Our Basic ABC lesson provides you with the knowledge and skills you need to be up and riding by the end of the 1-1/2 hour lesson. Lessons run by professional instructors. Equipment provided. For information please contact hbsurfschool@yahoo.com.

City Beach Pier, South Side of Pier Sharp, Bill
4402.401 10yrs to Adult 10/09 9:00am-10:30am Sa \$75
4402.402 10yrs to Adult 10/23 9:00am-10:30am Sa \$75
4402.403 10yrs to Adult 11/06 9:00am-10:30am Sa \$75
4402.404 10yrs to Adult 11/20 9:00am-10:30am Sa \$75
4402.405 10yrs to Adult 12/04 9:00am-10:30am Su Sa \$75
4402.406 10yrs to Adult 12/11 9:00am-10:30am Sa \$75
4402.407 10yrs to Adult 12/18 9:00am-10:30am Sa \$75

TAI CHI CHUAN FOR BEGINNERS AND INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes. No class Nov. 11.

Rodgers Senior Center Hall B Howe, Shona
4407.401 Adult 9/16 - 12/16 9:00am-10:30am Th \$78

TAI CHI FOR HEALTH

Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential.

Edison Community Center Hall B Walker, Don
4404.400 Adult 9/13 - 10/25 1:00pm-2:15pm M \$49

Murdy Community Center Hall B Walker, Don
4405.400 Adult 9/13 - 10/25 6:00pm-7:15pm M \$49

TAI CHI FOR HEALTH LEVEL II

For the sincere student seeking a greater focus on the application of the form and flowing energy principles learned during the introductory class. With an even greater release of mental turmoil and physical tension, additional, more skillful movements will be explored. You will be taught to connect the movements and develop a beautiful, continuous flowing meditation.

Murdy Community Center Hall B Walker, Don
4406.400 Adult 9/13 - 10/25 7:30pm-8:45pm M \$49

TAI CHI WALKING

First class is free. Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You'll soon walk farther, faster, with less effort, and no injury while gathering vital life force.

Lake Park Clubhouse, 1035 11th St. Walker, Don
4435.401 Adult 9/30 - 10/28 1:00pm-2:15pm Th \$45

WOMEN'S VOLLEYBALL

Tuesday mornings are for league play; on Thursdays, learn to bump, set, and spike while playing in a real game atmosphere. No class Nov. 11, 25.

City Gym Gymnasium Kalama, Eleanor
4409.401 Adult 9/14 - 12/07 9:30am-12:30pm Tu \$56
4409.402 Adult 9/16 - 12/09 9:30am-12:30pm Th \$53

Adult-Teen Classes

YOGA: BEGINNERS

Learn to create balance with proper breathing techniques, body alignment/posture and restore flexibility in a specially designed yoga class to strengthen the core/ back muscles. If you have a back problem, an okay from your doctor before trying yoga is advised. Bring a mat & blanket. Suitable for any level yoga students. No class Nov. 20, 27.

City Gym Room A HelpYourHealth, RoxAnn Madera
4458.401 Adult 9/18 - 12/11 10:30am-11:30am Sa \$120

YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

City Gym Room B Carmichael, Yvonne
4410.401 Adult 9/13 - 11/15 10:30am-12:00pm M \$87

YOGA: EDISON COMMUNITY CENTER

Yoga unites body and mind to promote therapeutic health benefits. Practice may reduce blood pressure, stress and regulate nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring a mat and towel or blanket. Instructor Diane Pavesic is a certified Yoga Therapist, RN, E-RYT-500. No class Oct 27, Nov.3, 24.

Edison Community Center Hall C&D Pavesic, Diane
4411.400 Adult 9/15 - 12/08 4:30pm-5:30pm W \$73
4411.401 Adult 9/15 - 12/08 5:45pm-6:45pm W \$73
4411.402 Adult 9/15 - 12/08 7:00pm-8:00pm W \$73

YOGA: HEALTHY HAPPY BACK

Learn to create balance with proper breathing techniques, body alignment/posture and restore flexibility in a specially designed yoga class to strengthen the core/back muscles to support the body as a whole for long-term relief. Bring a mat and blanket. No class Nov. 17, 24.

City Gym Room B HelpYourHealth, RoxAnn Madera
4420.401 Adult 9/15 - 12/08 7:45am-8:45am W \$120

YOGA: MOMMY AND ME

Yoga you can do along with your child - in your arms, on your tummy, or sleeping peacefully at your side - is powerful in the way that it connects the changes in our body with your new child. Please bring a mat, two blankets, additional props will be supplied. No class Nov. 17, 24.

City Gym Room B HelpYourHealth, RoxAnn Madera
4428.401 Adult 9/15 - 12/08 2:15pm-3:15pm W \$120

YOGA: MURDY COMMUNITY CENTER

Beneficial for both beginning and intermediate students. Yoga promotes a more flexible and stronger body, a deeper breath and a calmer mind with continued practice. Avoid eating two hours prior to class. Bring a mat and towel. No class Oct. 6 & 11, and Thanksgiving week.

Murdy Community Center Hall A King, Jacki CYT, RYT
4417.400 16yrs to Adult 9/20 - 12/06 6:00pm-7:00pm M \$73
4417.401 16yrs to Adult 9/20 - 12/06 7:15pm-8:15pm M \$73
4417.402 16yrs to Adult 9/22 - 12/08 4:00pm-5:00pm W \$73

Murdy Community Center Game Room Carmichael, Yvonne
4418.400 16yrs to Adult 9/15 - 11/17 10:30am-12:00pm W \$87
4418.401 16yrs to Adult 9/17 - 11/19 10:30am-12:00pm F \$87

Murdy Community Center Hall A Holden, Susan CYT
No class Oct 12 and Thanksgiving week.

4450.400 16yrs to Adult 9/21 - 12/07 5:30pm-6:45pm Tu \$73
4450.401 16yrs to Adult 9/24 - 10/29 4:00pm-5:00pm F \$48

YOGA: MURDY HAPPY HIPS STRONG BACK

This class is sequenced to gently loosen the hips and strengthen the back, encouraging a more flexible body leading toward optimal health. Please do not eat two hours prior to class and bring a large towel. If there are existing medical conditions, please check with your doctor before proceeding. Instructor is a certified yoga teacher and registered with Yoga Alliance.

Murdy Community Center Hall A King, Jacki
4440.400 Adult 10/18 - 11/15 4:45pm-5:45pm M \$48

YOGA: OFFICE

Give your body the care it needs without leaving your office building, to be done in your business attire without breaking a sweat. Get the calm, relaxed, 'inspired' state of mind that facilitates great decision making. No yoga experience necessary. No class Nov. 17, 24.

City Hall Room B7 HelpYourHealth, RoxAnn Madera
2000 Main St.
4445.401 16yrs to Adult 9/15 - 12/08 12:00pm-12:30pm W \$90

YOGA: ON THE BEACH

Outdoor Hatha yoga class All levels welcome. Yoga is known for its calming and body beautifying effects. Class will be held at 1st Street and PCH, next to Lifeguard Headquarters. Please bring a yoga mat or towel.

Beach at 1st Street Stevenson, Sarah
4414.401 Adult 9/18 - 11/20 9:00am-10:00am Sa \$76
4414.402 Adult 9/13 - 11/15 10:30am-11:30am M \$76
4414.403 Adult 9/15 - 11/17 10:30am-11:30am W \$76

YOGA: PRENATAL

Pregnancy involves physiological and psychological changes. Learn to relax your whole body, relieve back pain, nausea, sleeping issues, provide focus and breathing techniques. Please bring a mat, three blankets and something to cover the eyes. Chairs, blocks and straps supplied. No class Nov. 17, 24.

City Gym Room B HelpYourHealth, RoxAnn Madera
4429.401 Adult 9/15 - 12/08 1:00pm-2:00pm W \$120

YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to promote therapeutic health benefits. Practice may reduce blood pressure, stress, and regulates nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring mat and blanket. No class Oct. 28, Nov. 11, 25. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Rodgers Senior Center Hall E Pavesic, Diane
4413.401 Adult 9/16 - 12/09 10:00am-11:00am Th \$73
4413.402 Adult 9/16 - 12/09 11:00am-12:00pm Th \$73

YOGA: TEENS

A class designed for your specific age, explore the movement of the body while experiencing how good posture and proper breathing are a part of your everyday activities. Enhancing concentration in studies, flexibility, balance and strength in after school activities while having fun. Bring a mat. No class Nov. 15, 22.

City Gym Room B HelpYourHealth, RoxAnn Madera
5256.401 12yrs to 15yrs 9/13 - 12/06 3:15pm-4:00pm M \$95